



OXFORD 5

AIR ROWER OWNER'S MANUAL



Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



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WARNING

TO REDUCE THE RISK OF SERIOUS INJURY, READ THE IMPORTANT SAFETY PRECAUTIONS BEFORE USING THIS EQUIPMENT:

- Read all instructions in this manual before using this equipment.
- Use this equipment only as described in this Owner's Manual.
- Never allow children to use this unit.
- Inspect and tighten all parts before using this equipment. Replace any worn parts immediately.
- Observers should be warned to stay away from unit while in use. Failure to do so may cause injury to observer and/or exerciser.
- Never stick fingers or foreign objects through fan cover. Keep small children away from the air rower while in use. Failure to do so could cause injury to child or unit.
- Never remove any of the safety guards that are attached to your air rower. If removal is required for any service or maintenance, this should be done only by your authorized dealer and must be replaced before use.
- Wear appropriate workout attire, including running or aerobic shoes, when using the rower.
- If you experience any kind of pain, including but not limited to chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Keep the topside of the foot support clean and dry.
- Care should be taken when mounting or dismounting the equipment.
- At no time should more than one person be on the rower while in operation.
- Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- The equipment shall be installed on a stable base.
- It is essential that this machine is home product that only for indoors use.
- The folded equipment should stored at horizontal place for possible stability risk.

1. Before beginning any exercise program, always consult your physician. If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising and consult your physician before continuing.
2. Before using rowing machine, ensure the FOLDING LOCKING PIN being fixed firmly on the frame.



At NO time should pets or children under the age of 14 be closer to the rower than 10 feet.
At NO time should children under the age of 14 use the rower.
Children over the age of 14 or disabled persons should not use the rower without adult supervision.



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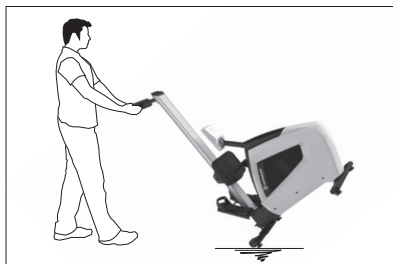
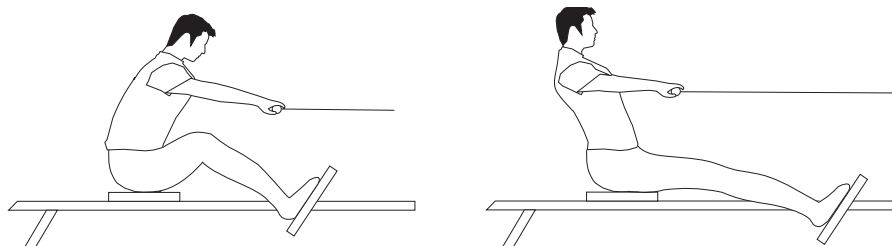
LOCATION OF THE ROWER

Place the rower on a level surface. We advice there should be clearance around your rower trainer (see guide). Do not place the rower in any area that will block any vent or air openings.

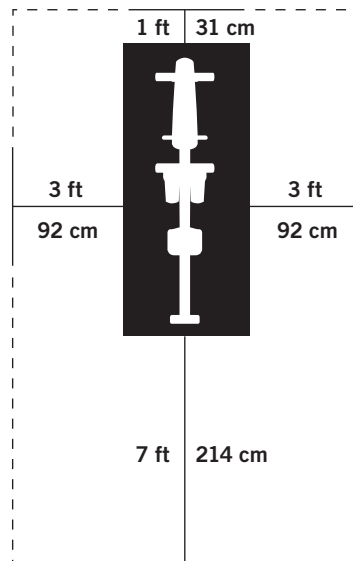
WORKOUT OPTIONS

Adjust the footplate and tighten the footstraps. Grip the handle bar and start the rowing stroke in leaning slightly forward with the knees bent and the arms straight.

Push backwards straightening and legs simultaneously. Return to the starting position, continue the movement forward and backward.



MOVING THE ROWER



USING THE HEART RATE FUNCTION

Your rower could be equipped with heart rate sensor only.

The heart rate function on this product is not a medical device. While heart rate grips or a thumb pulse sensor can provide a relative estimation of your actual heart rate, they should not be relied on when accurate readings are necessary. Some people, including those in a cardiac rehab program, may benefit from using an alternate heart rate monitoring system like a chest or wrist strap. Various factors, including movement of the user, may affect the accuracy of your heart rate reading. The heart rate reading is intended only as an exercise aid in determining heart rate trends in general. Please consult your physician.

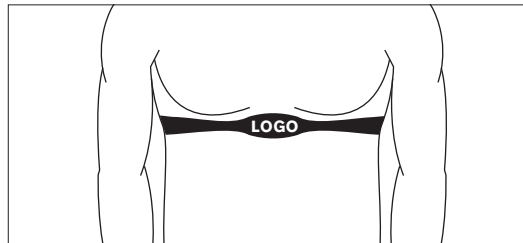
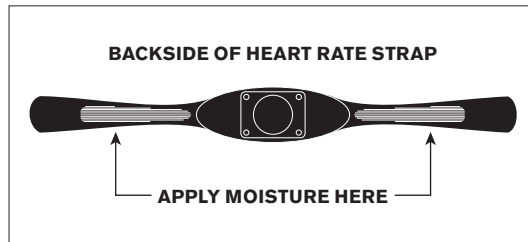


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WIRELESS HEART RATE RECEIVER (include)

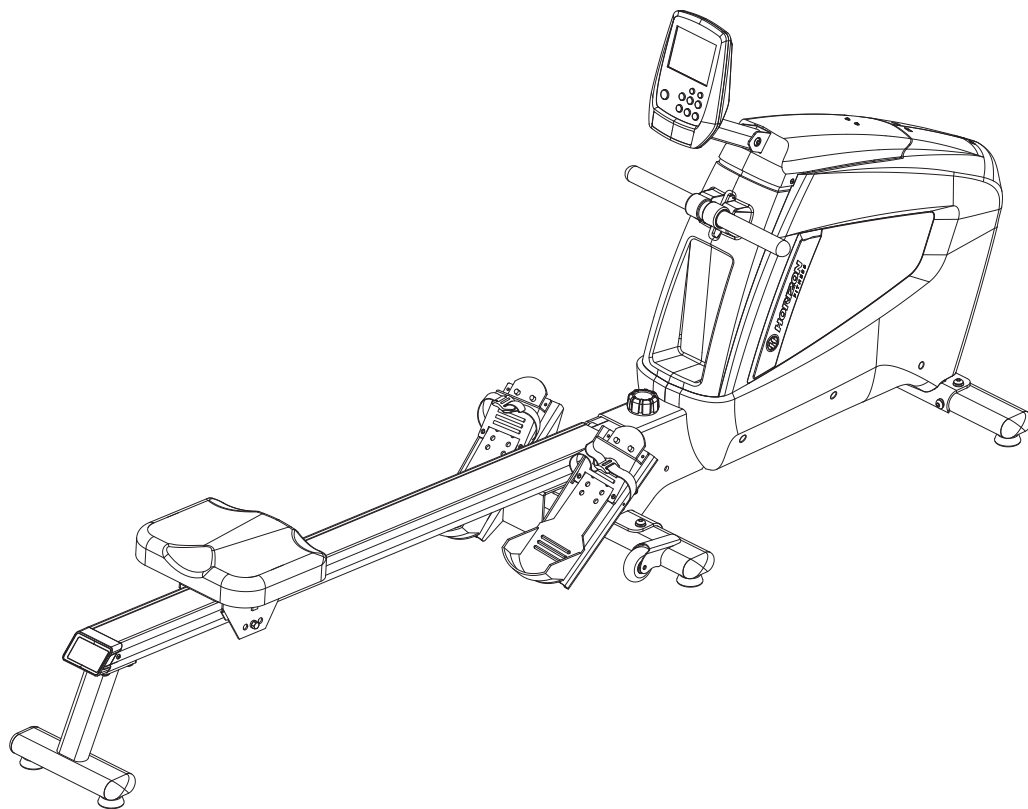
When used in conjunction with a **heart rate strap**, your heart rate can be transmitted wirelessly to the rower and displayed on the console. The rower not include a wireless heart rate strap (see the beginning of the **ASSEMBLY** section of your **OWNER'S MANUAL**).

Prior to wearing the wireless heart rate strap on your chest, moisten the two rubber electrodes with water. Center the heart rate strap just below the breast or pectoral muscles, directly over your sternum, with the logo facing out. **NOTE:** The heart rate strap must be tight and properly placed to receive an accurate and consistent readout. If the chest strap is too loose, or positioned improperly, you may receive an erratic or inconsistent heart rate readout.





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ASSEMBLY



WARNING

There are several areas during the assembly process that special attention must be paid. It is very important to follow the assembly instructions correctly and to make sure all parts are firmly tightened. If the assembly instructions are not followed correctly, the air rower could have frame parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the air rower, the assembly instructions must be reviewed and correct actions should be taken.

Before proceeding, find your air rower's serial number located on the main frame and enter it in the space provided below. Also locate the model name which is next to the serial number.

ENTER YOUR SERIAL NUMBER IN THE BOXES BELOW:

SERIAL NUMBER:

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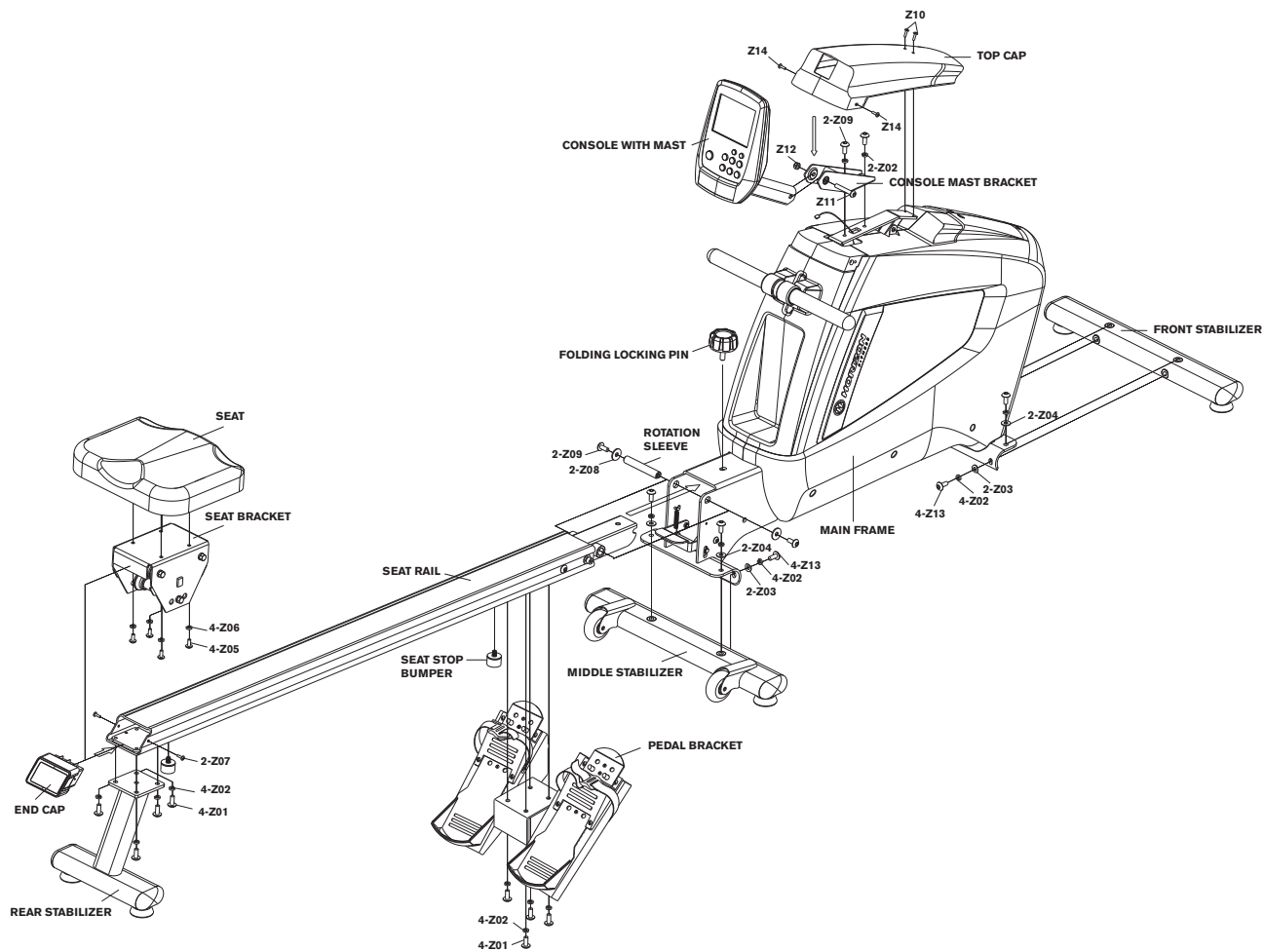
MODEL NAME: **HORIZON FITNESS**

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AIR ROWER



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TOOLS INCLUDED:

- ☐ Screwdriver
- ☐ 5 mm L-Shaped Wrench
- ☐ 5 mm T-Shaped Wrench
- ☐ 13 / 15 mm Wrench

PARTS INCLUDED:

- ☐ 1 Main Frame
- ☐ 1 Front Stabilizer
- ☐ 1 Middle Stabilizer
- ☐ 1 Rear Stabilizer
- ☐ 1 Seat Rail
- ☐ 1 Pedal Bracket
- ☐ 1 Seat
- ☐ 1 Seat Bracket
- ☐ 1 Console With Mast
- ☐ 1 End Cap
- ☐ 2 Seat Stop Bumper
- ☐ 1 Rotation Sleeve
- ☐ 1 Folding Locking Pin
- ☐ 1 Top Cap
- ☐ 1 Console Mast Bracket
- ☐ 1 Hardware Package

PRE ASSEMBLY

CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

Congratulations on choosing an Horizon Fitness Air Rower. You've taken an important step in developing and sustaining an exercise program! Your Horizon Fitness Air Rower is a tremendously effect tool for achieving your personal fitness goals. Regular use of your Horizon Fitness Rower can improve the quality of your life in so many ways.

Here are a few of the health benefits of aerobic exercise:

- Weight Loss
- A Healthier Heart
- Improved Muscle Tone
- Increased Daily Energy Levels
- Reduced Stress
- Help in Countering Anxiety and Depression
- An Improved Self Image

NEED HELP?

If you have questions or if there are any missing parts, contact your local dealer.



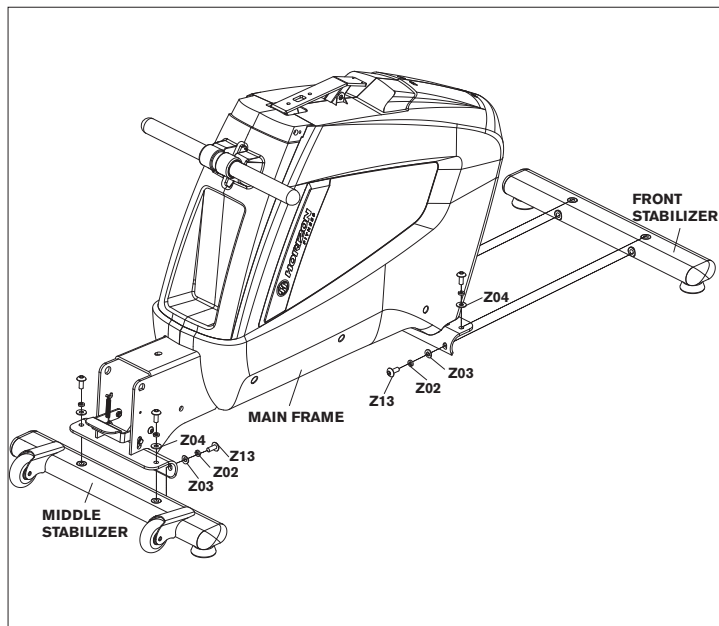
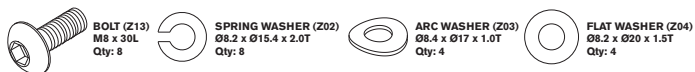
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ASSEMBLY STEP 1

HARDWARE PACKAGE STEP 1 CONTENTS :



- A Attach **FRONT STABILIZER** to **MAIN FRAME** using four **OVAL HEX SOCKET BOLT (Z13)**, four **SPRING WASHER (Z02)**, two **ARC WASHER (Z03)** and two **FLAT WASHER (Z04)**.
- B Attach **MIDDLE STABILIZER** to **MAIN FRAME** using four **OVAL HEX SOCKET BOLT (Z13)**, four **SPRING WASHER (Z02)**, two **ARC WASHER (Z03)** and two **FLAT WASHER (Z04)**.

ASSEMBLY STEP 2

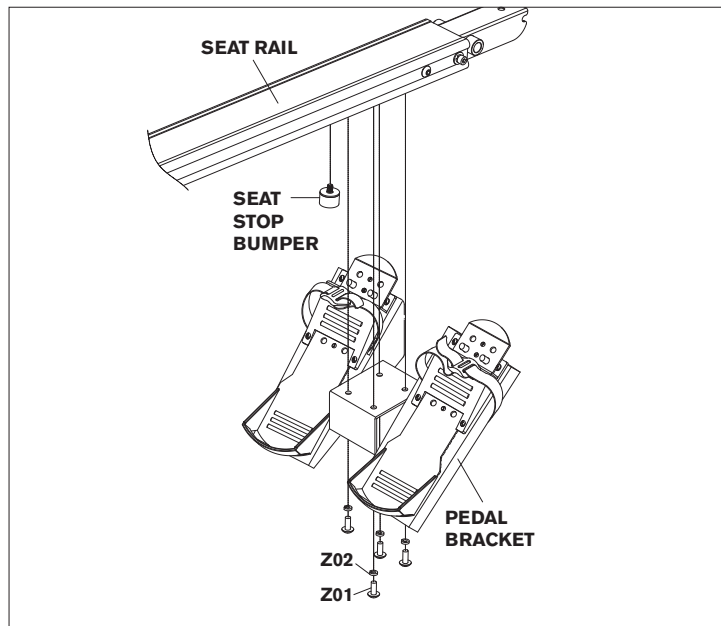
HARDWARE PACKAGE STEP 2 CONTENTS :



BOLT (Z01)
M8 x 20L
Qty: 4



SPRING WASHER (Z02)
Ø8.2 x Ø15.4 x 2.0T
Qty: 4



- A Attach **PEDAL BRACKET** to **SEAT RAIL** using four **OVAL HEX SOCKET BOLT (Z01)** and four **SPRING WASHER (Z02)**.
- B Screw **SEAT STOP BUMPER** to **SEAT RAIL**.



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ASSEMBLY STEP 3

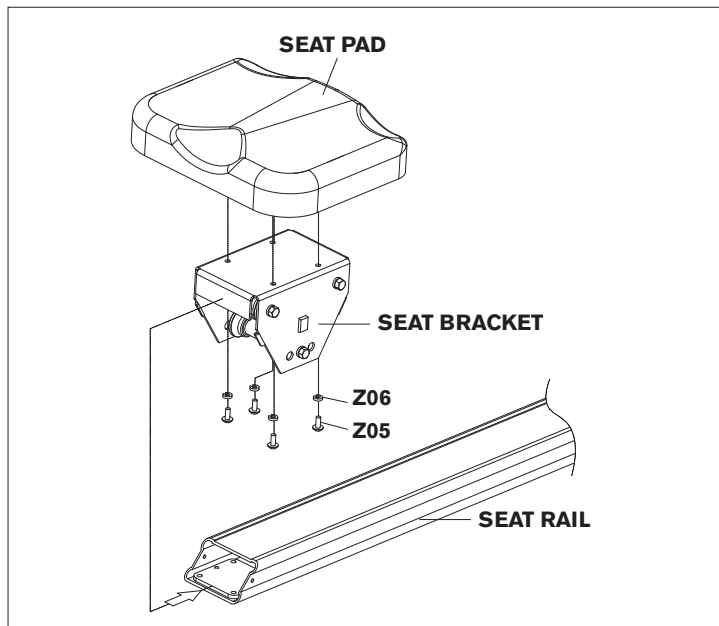
HARDWARE PACKAGE STEP 3 CONTENTS :



OVAL CROSS BOLT (Z05)
M6 x 15L
Qty: 4



SPRING WASHER (Z06)
Ø6.1 x Ø12.2 x 1.5T
Qty: 4



- A Fix **SEAT PAD** on **SEAT BRACKET** by four **OVAL CROSS BOLT (Z05)** and four **SPRING WASHER (Z06)**.
- B Slide the Seat Assembly (**SEAT BRACKET + SEAT PAD**) onto the **SEAT RAIL**.

ASSEMBLY STEP 4

HARDWARE PACKAGE STEP 4 CONTENTS :



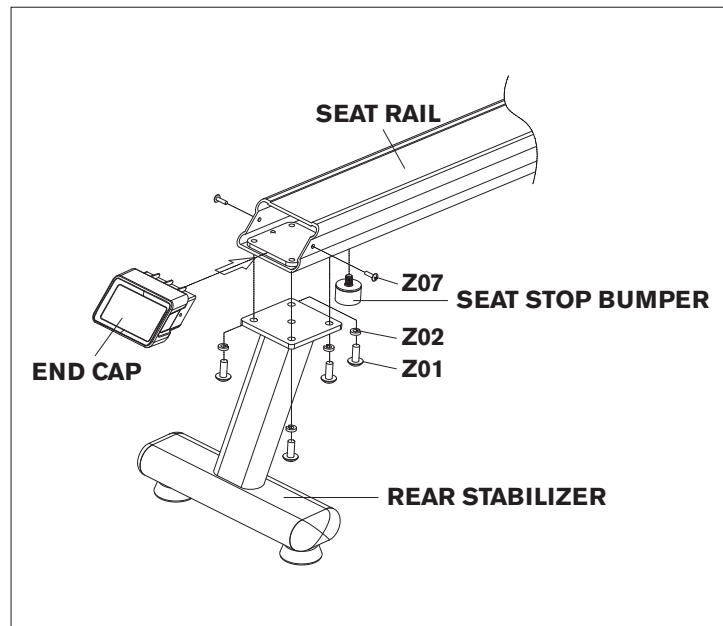
BOLT (Z01)
M8 x 20L
Qty: 4



SPRING WASHER (Z02)
Ø8.2 x Ø15.4 x 2.0T
Qty: 4



Oval Cross Tapping Screw (Z07)
Ø4 x 10L
Qty: 2



- A Screw **SEAT STOP BUMPER** to **SEAT RAIL**.
- B Attach **REAR STABILIZER** to **SEAT RAIL** by four **OVAL HEX SOCKET BOLT (Z01)** and four **SPRING WASHER (Z02)**.
- C Insert the **END CAP** to **SEAT RAIL** and use two **SCREWS (Z07)** to fix the end cap.



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ASSEMBLY STEP 5

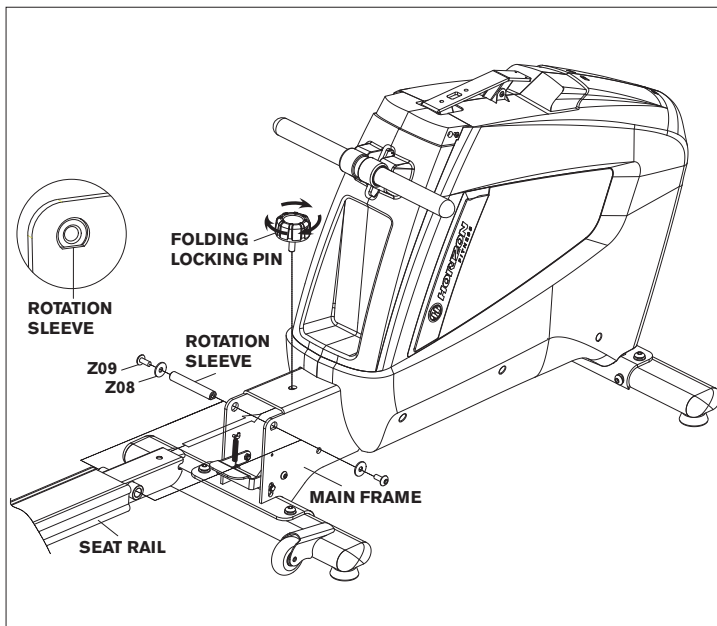
HARDWARE PACKAGE STEP 5 CONTENTS :



FLAT WASHER (Z08)
Ø8.6 x Ø26 x 2T
Qty: 2



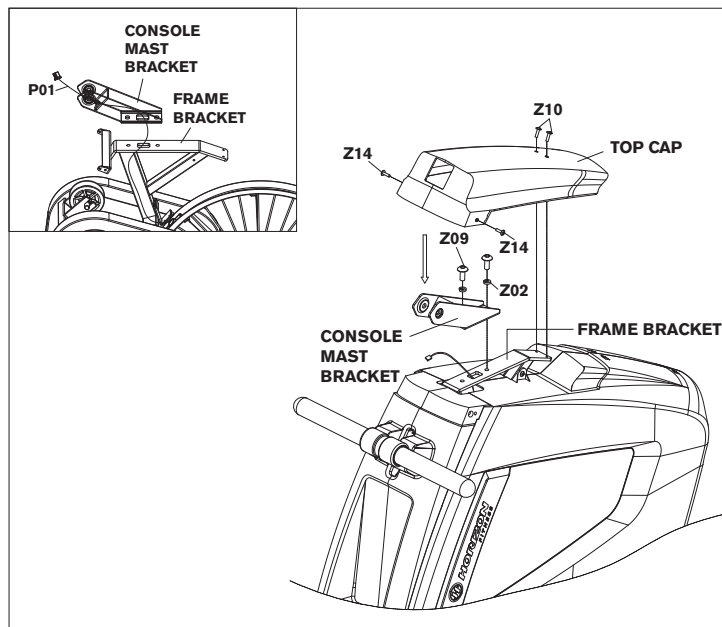
OVAL HEX SOCKET BOLT (Z09)
M8 x 15L
Qty: 2



- A Attach **SEAT RAIL** to **MAIN FRAME**, put **ROTATION SLEEVE** through **SEAT RAIL** and **MAIN FRAME**, then using two **FLAT WASHER (Z08)** and **OVAL HEX SOCKET BOLT (Z09)** to tighten **SEAT RAIL** on the **MAIN FRAME**.
- B Plug the **FOLDING LOCKING PIN** into the hole on **MAIN FRAME** and then screw it tightly by clockwise.

ASSEMBLY STEP 6

HARDWARE PACKAGE STEP 6 CONTENTS :



- Put wire (**P01**) through the slot of **CONSOLE MAST BRACKET**.
- Attach **CONSOLE MAST BRACKET** onto **FRAME BRACKET** by two **SPRING WASHER (Z02)** and two **OVAL HEX SOCKET BOLT (Z09)**.
- Attach **TOP CAP** onto **FRAME BRACKET** use two **OVAL CROSS BOLT (Z10)** and two **OVAL CROSS TAPPING SCREW (Z14)** to fix the top cap.



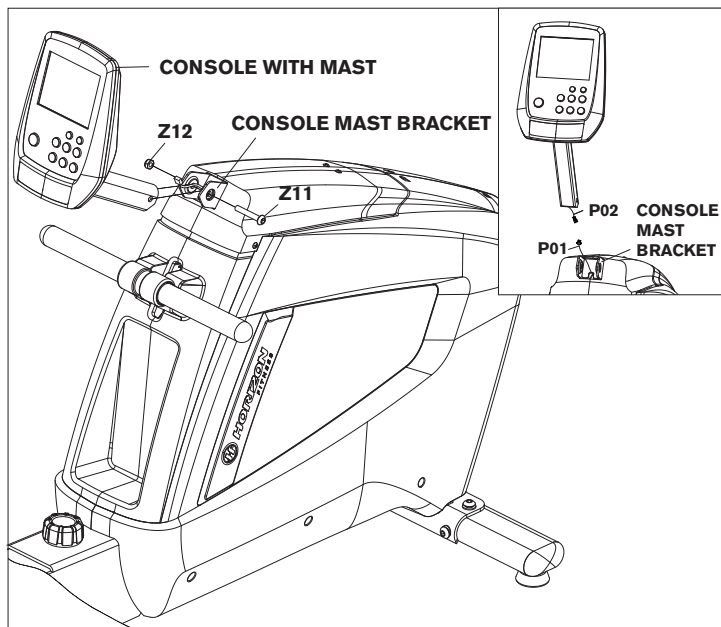
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ASSEMBLY STEP 7

HARDWARE PACKAGE STEP 7 CONTENTS :



- A Connect the plug of **(P01)** and **(P02)** then insert the wire to the slot of **CONSOLE MAST BRACKET**.
- B Attach **CONSOLE MAST** onto **CONSOLE MAST BRACKET** by one **OVAL HEX SOCKET BOLT (Z11)** and one **NUT (Z12)**, **DO NOT** screw the bolt too tight.

Note: Before tighten the mast to bracket, remember to connect the wires P01 & P02 to ensure the console works normally.

ASSEMBLY **STEP 8**



YOU ARE FINISHED!

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Assembly Dimension: 253 x 54 x 101 cm / 100" x 21" x 40"

Product Weight: 47kg / 103.5 lbs.



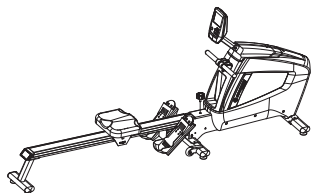
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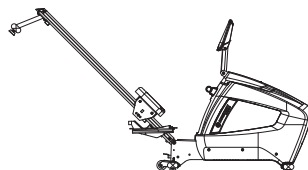
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INSTRUCTION-FOLDING AND SET UP

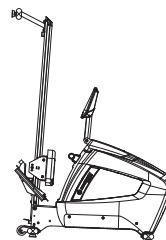
A FOLDING



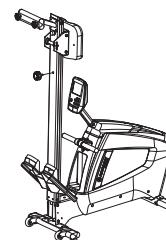
Turn loose and pull out the folding locking pin



Lift up the seat rail

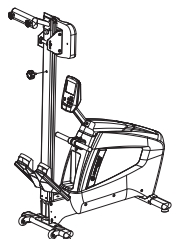


Vertical fold and lock the rail

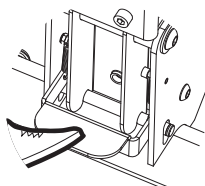


Pull the seat at the top position of rail, then plug the folding locking pin to the rear of rail to prevent seat fall down.

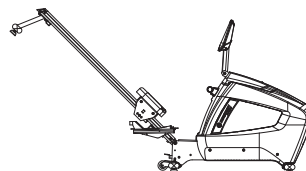
B SET UP



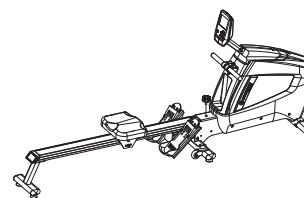
Lift and hold the seat, turn loose and pull out the folding locking pin, put the seat down to the end of rail.



Step the foot plate



Pull down the rail



Plug the folding locking pin and screw tightly



AIR ROWER OPERATION GUIDE

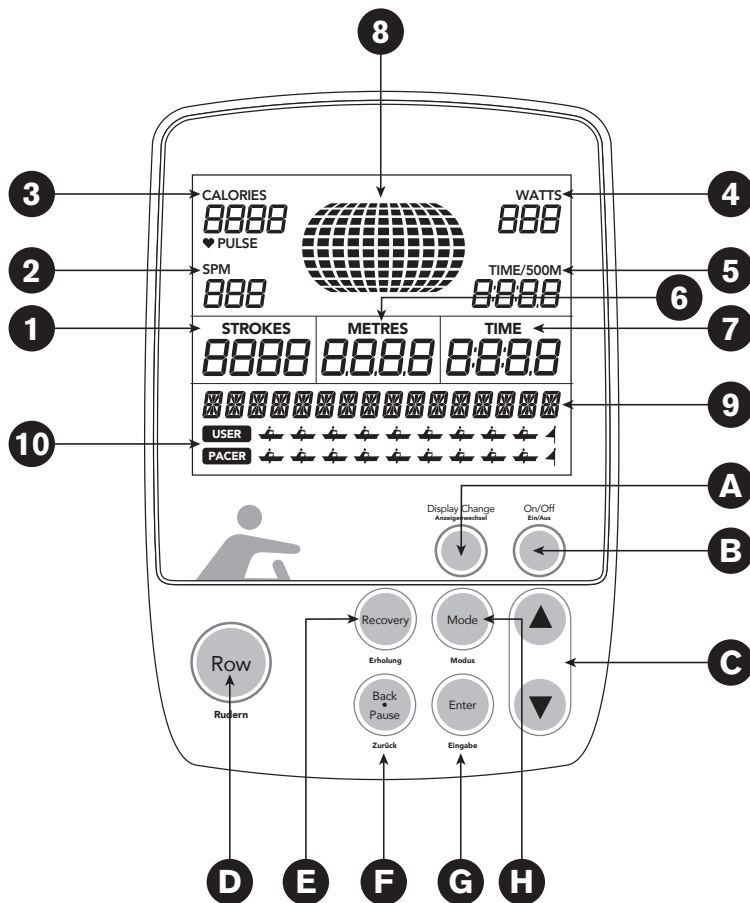


This section explains how to use your air rower's console and program. The BASIC OPERATION section in the AIR ROWER GUIDE has instructions for the following:

- **GETTING STARTED**
- **AUTO POWER ON/OFF**
- **OXFORD 5 OPERATION**
- **OXFORD 5 FUNCTIONS**



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OXFORD 5 DISPLAY FEEDBACK

- 1) **STROKES:** Accumulates counts up to 9900 or from the preset value count down to zero.
- 2) **SPM:** Stroke Per Minute
- 3) **CALORIES/PULSE:** Auto scan the heart rate and calories during exercise. If the computer not detect user's heart rate, calories only been shown.
- 4) **WATTS:** Shows the watts during exercise.
- 5) **TIME/500M:** Estimated time to reach 500M
- 6) **METRES:** Accumulates total distance from zero up to 9999 metres, or from the preset values count down to zero. If the values excess 9999, the computer calculate the distance by 10 metres, for instance, 10.01 means 10010 metres.
- 7) **TIME:** Accumulates total working time up to 99:59, or from preset time count down to zero.
- 8) **PROFILE DISPLAY:** Shows the intensity of workout, watts profile and SPM profile.
- 9) **MESSAGE BAR:** Shows the instruction message.
- 10) **RACING DIAGRAM:** Shows the competition status of user and computer.

OXFORD 5 OPERATION

- A) DISPLAY SWITCH:** Press to change the profile display, press to change “ROWING INTENSITY” to “CALORIES PROFILE DISPLAY” and “SPM PROFILE DISPLAY”.
- B) ON/OFF:** Press to turn on or turn off the power of console.
- C) UP/DOWN ARROW BUTTON:** Press to adjust the selection.
- D) ROW:** Press to quick start.
- E) RECOVERY:** Press to recover the heart rate of user from intensely workout.
- F) BACK/PAUSE:** Press to last selection when set up program. Press to PAUSE or Press and hold to rest the computer during exercise.
- G) ENTER:** Press to confirm.
- H) MODE:** Press to enter programs list.

* Maximum user's body weight = 130 kg / 286 lbs.

NOTE: Please adjust the console and console mast in a comfortable angle of view before workout.
There is a thin protect sheet of clear plastic on the overlay of the console that should be removed.

BRAKE SYSTEM

OXFORD 5 equip with air resistance system that is speed-dependent on the load.



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GETTING STARTED

Your air rower is powered by you. There is no motor or brake in this unit. The console is powered by 2 AA batteries, which are replaceable through the back side of the console. Removing the batteries will erase all functional values (including TOTAL function)

AUTO POWER ON/OFF

The power will be turned on when you PUSH the ON button on the computer. After you have completed your workout the console will retain the data from your workout data for 30 seconds. In order to conserve batteries, the power will be automatically turned off if you DO NOT push any buttons on the computer or workout by pulling the handlebar within 30 seconds.

WORKOUT DESCRIPTION

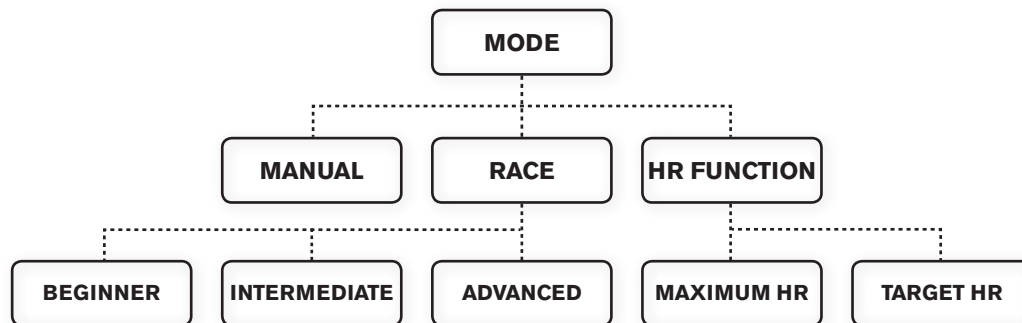
QUICK START OPERATION

Press the ROW button and the machine will start the operation, all the workout value will count up from zero.

MODE

Press MODE button to enter WORKOUT list and use ARROW button/MODE button to select and ENTER button to confirm.

WORKOUT LIST



MANUAL

Manual is a workout that allows you to manually adjust the STROKES, METRES and TIME as the target, all the value will count down until zero, as long as one of them going down to zero, this workout will complete and console display the workout data (WATTS, CALORIES, SPM, TIME/500M) on screen for 30 seconds.

RACE

User can choose the difficulty of RACE game includes BEGINNER, INTERMEDIATE and ADVANCED. After decide the difficulty then press ROW to start the competition, if the speed of user is faster than computer, user's boat will move forward than the computer. Once the boat reaches the terminal, the flag twinkles and message bar shows the result of competition.

HR FUNCTION (HEART RATE FUNCTION)

This function is required HEART RATE STRAP. Due to the fact a user must wear a heart rate strap, heart rate readings on a rowing machine may be erratic. This is because the user's heart rate signal will be close to the console and then at the back of the stroke be over the recommended 24"-36" away from the console, so this signal strength varies with each stroke pattern.

There are two options for the function, includes MAXIMUM HR and TARGET HR. Once enter MAXIMUM HR, message bar will ask the user to enter maximum heart rate, if you exceed this maximum heart rate value, the console will warn you by creating an audible beep. This function can help the user to monitor the heart rate and control the workout intensity. Once enter TARGET HR, message bar will ask the user to enter age, then console comes out a reference target heart rate value as default, if the heart rate of user is 15% higher or lower the default heart rate, the message bar will shows "SLOW DOWN" or "WORKOUT HARDLY" to encourage the user exercise in high intensity by safe method.

WARNING

Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death.

RECOVERY

This function is required HEART RATE STRAP. RECOVERY is kind of concept similar to cool down, at any moment when press RECOVERY button, all the programs will STOP and go into RECOVERY mode, at this moment, console will record current heart rate as workout heart rate, if user's heart rate is 30% lower than workout heart rate or 3 minutes ending, RECOVERY function will stop automatically.



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CONDITIONING GUIDELINES

Always consult your physician before beginning an exercise program.

HOW OFTEN? (FREQUENCY OF WORKOUTS)

The American Heart Association recommends that you exercise at least 3 to 4 days per week to maintain cardiovascular fitness. If you have other goals such as weight or fat loss, you will achieve your goal faster with more frequent exercise. Whether it's 3 days or 6 days, remember that your ultimate goal should be to make exercise a lifetime habit. Many people are successful staying with a fitness program if they set aside a specific time of day to exercise. It doesn't matter whether it's in the morning before breakfast, during lunch hour or while watching the evening news. What's more important is that it's a time that allows you to keep a schedule, and a time when you won't be interrupted. To be successful with your fitness program, you have to make it a priority in your life. So decide on a time, pull out your day planner and pencil in your exercise times for the next month!

HOW LONG? (DURATION OF WORKOUTS)

For aerobic exercise benefits, it's recommended that you exercise from between 24 and 60 minutes per session. But start slowly and gradually increase your exercise times. If you've been sedentary during the past year, it may be a good idea to keep your exercise times to as little as five minutes initially. Your body will need time to adjust to the new activity. If your goal is weight loss, a longer exercise session at lower intensities has been found to be most effective. A workout time of 48 minutes or more is recommended for best weight loss results.

HOW HARD? (INTENSITY OF WORKOUTS)

How hard you workout is also determined by your goals. If you use your air rower to prepare for a 5K run, you will probably work out at a higher intensity than if your goal is general fitness. Regardless of your long term goals, always begin an exercise program at low intensity. Aerobic exercise does not have to be painful to be beneficial! There are two ways to measure your exercise intensity. The first is by monitoring your heart rate (using the grip pulse handlebars or a wireless chest transmitter - may be sold separately), and the second is by evaluating your perceived exertion level (this is simpler than it sounds!).

PERCEIVED EXERTION LEVEL

A simple way to gauge your exercise intensity is to evaluate your perceived exertion level. While exercising, if you are too winded to maintain a conversation without gasping, you are working out too hard. A good rule of thumb is to work to the point of exhilaration, not exhaustion. If you cannot catch your breath, it's time to slow down. Always be aware of these warning signs of overexertion.

ROUTINE MAINTENANCE

WHAT KIND OF ROUTINE MAINTENANCE IS REQUIRED?

We use sealed bearings throughout our air rowers so lubrication is not needed. The most important maintenance step is to simply wipe your perspiration off the air rowers after each use.

HOW DO I CLEAN MY HORIZON AIR ROWER?

Clean with soap and water cleaners only. Never use solvents on plastic parts. Cleanliness of your Horizon Fitness air rower and its operating environment will keep maintenance problems and service calls to a minimum. For this reason, Horizon preventative recommends that the following preventative maintenance schedule be followed.

AFTER EACH USE (DAILY)?

Clean with soap and water cleaners only.

WARNING! Wipe down the air rower with a damp cloth. Never use solvents, as they can cause damage to the air rower.

EVERY WEEK

Clean underneath the air rower, following these steps:

- Move the air rower to a remote location.
- Wipe or vacuum any dust particles or other objects that may have accumulated underneath the air rower.
- Return the air rower to its previous position.

EVERY MONTH

Inspect all assembly bolts and pedals on the machine for proper tightness.

Note: Replace defective components immediately and keep the equipment out of use until repair.



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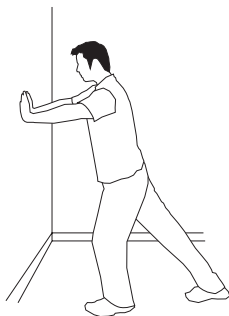
TIPS



STRETCHING

STRETCH FIRST

Before using your product, it is best to take a few minutes to do a few gentle stretching exercises. Stretching prior to exercise will improve flexibility and reduce chances of exercise related injury. Ease into each of these stretches with a slow gentle motion. Do not stretch to the point of pain. Make sure not to bounce while doing these stretches.

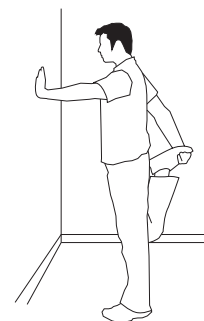


1. STANDING CALF MUSCLE STRETCH

Stand near a wall with the toes of your left foot about 18" from the wall, and the right foot about 12" behind the other foot. Lean forward, pushing against the wall with your palms. Keep your heels flat and hold this position for a count of 15 seconds. Make sure that you do not bounce while stretching. Repeat on the other side.

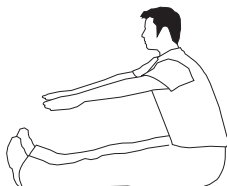
2. STANDING QUADRICEP STRETCH

Using a wall to provide balance, grasp your left ankle with your left hand and hold your foot against the back of your thigh for 15 seconds. Repeat with your right ankle and hand.



3. SITTING HAMSTRING & LOWER BACK MUSCLE STRETCH

Sit on the floor with your legs together and straight out in front of you. Do not lock your knees. Extend your fingers towards your toes and hold for a count of 15 seconds. Make sure that you do not bounce while stretching. Sit upright again. Repeat one time.



TIPS**THE IMPORTANCE OF WARM UP & COOL DOWN****WARM UP**

The first 2 to 5 minutes of a workout should be devoted to warming up. The warm-up will limber your muscles and prepare them for more strenuous exercise. Make sure that you warm-up on your product at a slow pace. The warm up should gradually bring your heart rate into your Target Heart Rate Zone.

COOL DOWN

Never stop exercising suddenly! A cool-down period of 3-5 minutes allows your heart to readjust to the decreased demand. Make sure that your cool down period consists of a very slow pace to allow your heart rate to lower. After the cool-down, repeat the stretching exercises listed above to loosen and relax your muscles.

TIPS**ACHIEVING YOUR FITNESS GOALS**

An important step in developing a long term fitness program is to determine your goals. Is your primary goal for exercising to lose weight? Improve muscle? Reduce stress? Prepare for the spring racing schedule? Knowing what your goals are will help you develop a more successful exercise program. Below are some common exercise goals:

- Weight Loss - lower intensity, longer duration workouts
- Improve Body Shape and Tone - interval workouts, alternate between high and low intensities
- Increased Energy Level - more frequent daily workouts
- Improved Sports Performance - high intensity workouts
- Improved Cardiovascular Endurance - moderate intensity, longer duration workouts

If possible try to define your personal goals in precise, measurable terms, and then put your goals in writing. The more specific you can be, the easier it will be to track your progress. If your goals are long term, divide them up into monthly and weekly segments. Longer term goals can lose some of the immediate motivation benefits. Short term goals are easier to achieve. Your console provides you with several readouts that can be used to record your progress. You can track Distance, Calories or Time.

KEEPING AN EXERCISE DIARY

To make your personal exercise log book, photocopy the weekly and monthly log sheets, which are located on the following pages. As your fitness improves, you can look back and see how far you've come!



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WEEKLY LOG SHEETS



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WEEK # _____		WEEKLY GOAL _____			
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOTALS:					

WEEK # _____		WEEKLY GOAL _____			
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOTALS:					

WEEKLY LOG SHEETS

WEEK # _____		WEEKLY GOAL _____			
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOTALS:					

WEEK # _____		WEEKLY GOAL _____			
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOTALS:					



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MONTHLY LOG SHEETS

MONTH _____		MONTHLY GOAL _____	
WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS:			

MONTH _____		MONTHLY GOAL _____	
WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS:			

MONTHLY LOG SHEETS

MONTH _____		MONTHLY GOAL _____	
WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS:			

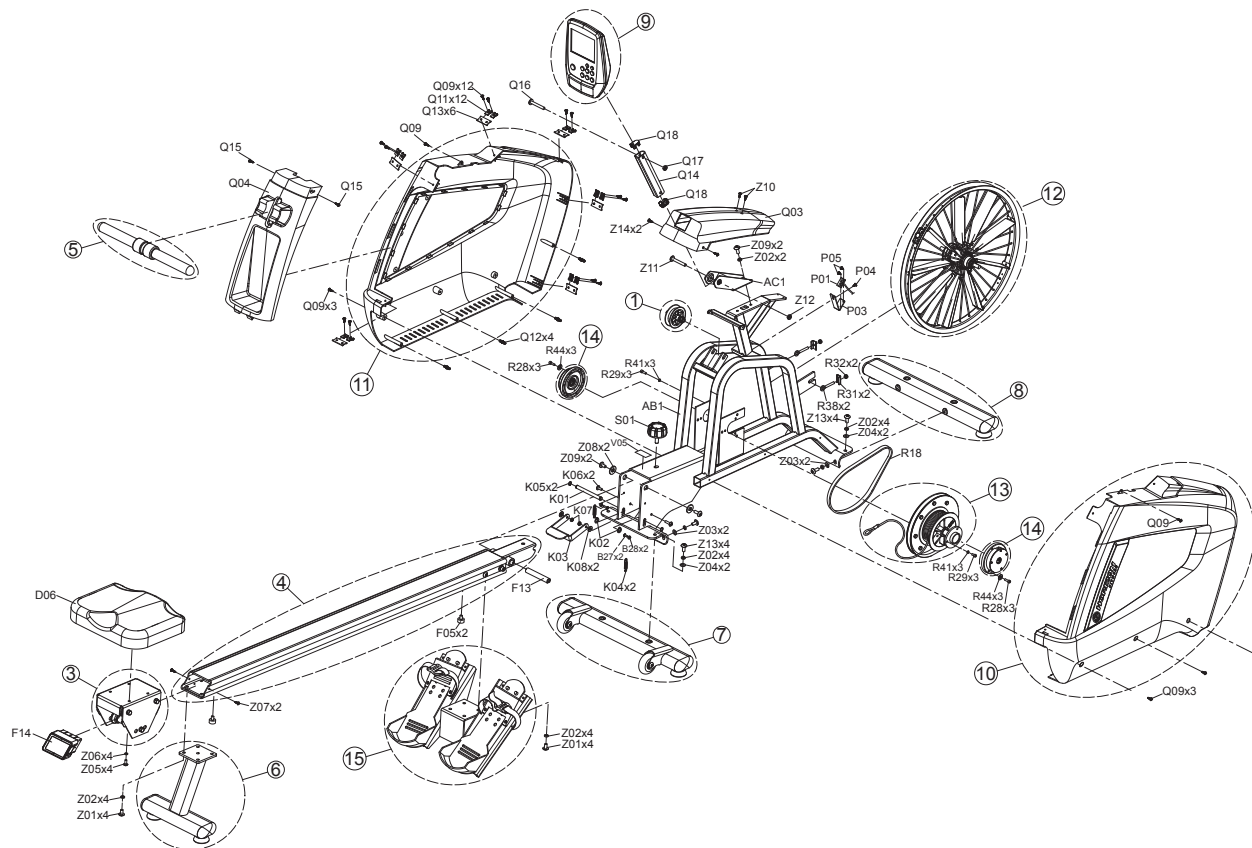
MONTH _____		MONTHLY GOAL _____	
WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS:			



OXFORD 5 EXPLODED VIEW

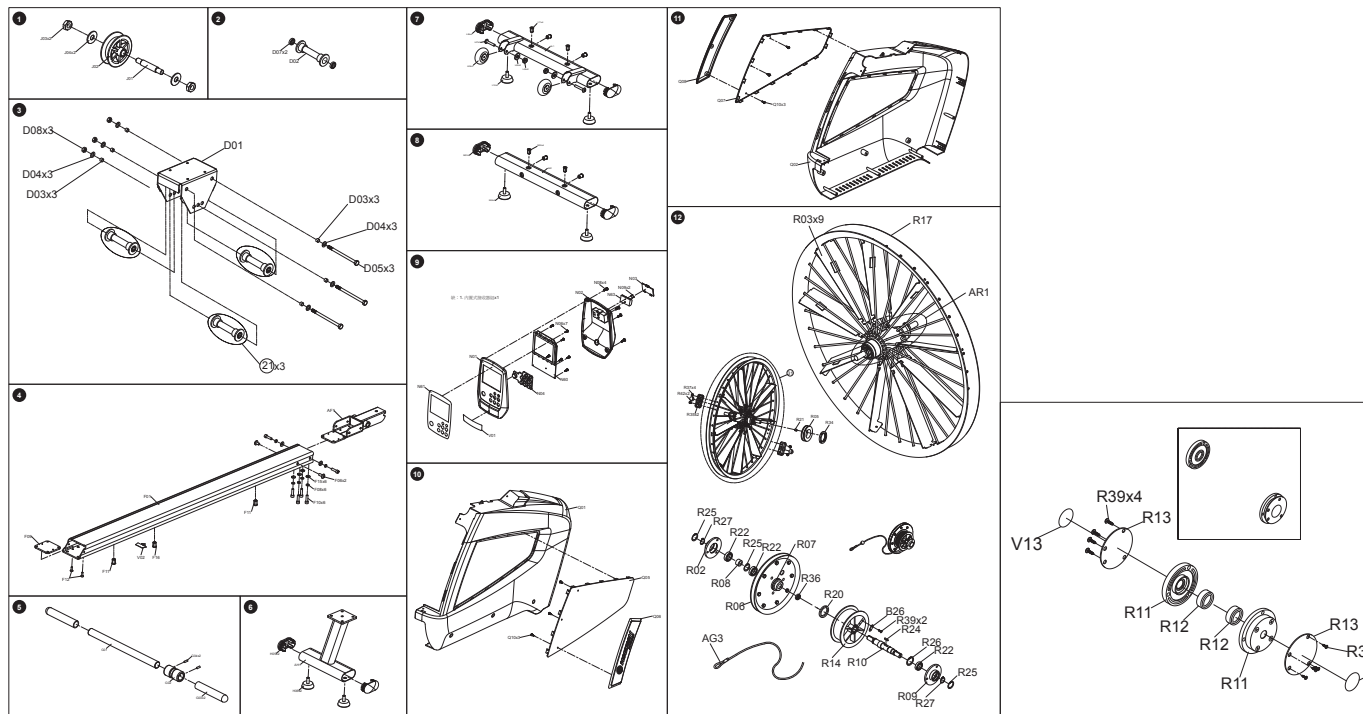


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OXFORD 5 PARTS LIST

NO.	DESCRIPTION	QYT.
1	IDLER SET;SEMI-ASSY;-;AR50	1
3	SEAT SLIDE SET;SEMI-ASSY;-;AR50;SBOM	1
4	GUID RAIL SET;-;1;AR50;SBOM	1
5	HANDLEBAR SET;SEMI-ASSY;-;AR50;SBOM	1
6	RACK SET;SEMI-ASSY;BACK;AR50;FSBOM;-	1
7	STABILIZER SET;SEMI-ASSY;MID;AR50;S-BOM	1
8	STABILIZER SET;SEMI-ASSY;FRONT;AR50;S-BO	1
9	CONSOLE SET;SEMI-ASSY;AR50;SBOM	1
10	COVER SET;SEMI-ASSY;RIGHT;AR50;SBOM;-	1
11	FRAME COVER SET;SEMI-ASSY;LEFT;AR50;SBOM	1
12	DRIVE AXLE SET;SEMI-ASSY;-;AR50;SBOM;-	1
13	BELT PULLEY SET;-;AR50	1
14	SPIRAL SPRING SET;L/R;KM;AR06D	1
15	PEDAL SET;SEMI-MANUFACTURED GOODS;-;AR50	1
21	SLIPPING BASE CYLINDER SET;W;KM;AR06D;	3
31	WHEEL RIM SET;SEMI-ASSY;-;AR50;-	1
AB1	FRAME SET;AR50	1
AC1	CONSOLE MAST FIXING PLATE SET;-;WELDIN	1
AF1	LIMIT FOLDER SET;GUIDE RAIL;F;PAINTING;D	1
AG3	SEMI-ASSY;FABRICATE DRAWING; FIX RING;AR	1
AH1	RACK SET;-;PAINTING;DM362;BLACK2;AR50	1
AL1	STABILIZER SET;-;M;PAINTING;DM362;BLACK2	1
AM1	STABILIZER SET;-;F;PAINTING;DM362;BLACK2	1
AR1	FRONT WHEEL DRUM SET;-;AR50	1
AT1	PEDAL SET;-;PAINTING;DM362;BLACK2;AR50	1
B26	FIX PLATE;STEEL ROPE;SPC;1.6T;ZINC;AR01	1

NO.	DESCRIPTION	QYT.
B27	SCREW;ROUND;M5X0.8PX16L;	2
B28	NUT;HX;M5X0.8P;SS41;	2
D01	SEAT SLIDE SET;-;PAINTING;DM362;BLACK2	1
D02	CYLINDER;SLIPPING BASE;POM;WHITE;AR06D	3
D03	SPACER; SLEEVE; CST; BAN	6
D04	WASHER;SPL;13.0X19.0X2.0T;RUBBER; BLACK	6
D05	SCREW; HH; M8X130L; MT; HE; CST;BAN; P-T	3
D06	SEAT PAD-EXTRAWORK;SCREEN PRINT;AR50;	1
D07	BEARING;BALL;608ZZ;TPI	6
D08	NUT;HX;M8X1.25P;SS41;BAN	3
F01	AL RAIL;GUIDE RAIL;BACK;-;AL 6063;ANODIZ	1
F05	STOPPER BLOCK;NR;BL/BLACK C;AR50	2
F06	SCREW;HEX SOCKET;BH;M8X1.25PX15L;CR	2
F08	WASHER;SPL;Φ8.2XΦ15.4X2.0T;WZN	6
F09	ATTACHED PLATE;FRAME RACK;-;SPC;BZN;AR50	1
F10	SCREW;SH;M8X1.25PX15L;HS;CHM;BP	6
F11	RVN;-;ALS7-8125-3.8(0.5-3.8);YZN	2
F12	SCREW;FH;M5X0.8PX15L;HS;BZN	2
F13	SWIVEL AXLE;GUIDE RAIL;-;45#;AR50	1
F14	REAR DECORATE COVER-EXREAWORK;GUIDE RAIL	1
F15	WASHER;FLT;Φ8.2XΦ16.0X2.0T;CHM	6
F16	RVN;ALS7-1015-1.5(0.5-3.8);YZN	1
G01	HORIZON TUBE;HANDLEBAR;PAINTING;BLACK2	1
G02	POS RING;HANDLEBAR;-;AR50	1
G03	FOAM;SINGLESIDE;BLACK;Φ28.6X3.0T;A	2
G04	SCREW;SETTLE;M6X1.0PX8.0L;BED;	2

NO.	DESCRIPTION	QYT.
H05	END-CAP;GUIDE RAIL;PP;BL;EP136-B26B	2
H06	ADJUSTABLE LEVELER	2
J01	AXLE;PULLEY;-;S45C;AR50	1
J02	PULLEY;POM;BL/BLACK C;AR50	1
J03	NUT;HX;M10X1.5P;SS41;BAN;G10;	2
J04	WASHER;FLT;Φ10.2XΦ20.0X2.0T;BZN	2
K01	STOPPER AXLE;FOLDING;-;20#;AR50	1
K02	LOCATION PLATE;SPRING;-;SPC;1.5T;AR50	2
K03	PEDAL;FOLDING;PAINTING;BLACK2;AR50	1
K04	SPRING;EXTENSION;-;BLACK ANNODIZED	2
K05	CIRCLIP;EXTERNAL C TYPE;S-10;BAN	2
K06	SCREW;BH;M6X1.0PX20L;HS;BZN	2
K07	NUT;NLK;M6X1.0P;;BAN	2
K08	WASHER;FLT;Φ8.0XΦ15.0X1.0T;TFN	2
L05	TRANSPORTS WHEEL;PC;BLACK;FC16	2
L06	END-CAP;GUIDE RAIL;PP;BL;EP136-B26B	2
L07	SCREW;BH;M8X1.25PX45L-19L;HS;P-T	2
L08	WASHER;FLAT;Φ8.2XΦ16.0X1.0T;BZN	2
L09	NUT;NLK;M8X1.25P;BAN	2
L10	ADJUSTABLE LEVELER	2
L11	RVN;HX;M8X1.25P;YZN;	4
M03	END-CAP;GUIDE RAIL;PP;BL;EP136-B26B	2
M04	ADJUSTABLE LEVELER	2
M05	RVN;HX;M8X1.25P;;YZN;	4
N01	CONSOLE UIPPER COVER;ABS/PA757;Q610-7-	1
N02	CONSOLE DOWN COVER;ABS/PA757;Q610-7-5-	1

NO.	DESCRIPTION	QYT.
N03	BATTERY COVER;CONSOLE;ABS/PA757;Q610-7-	1
N04	KEY PAD-EXTRAWORK;CONSOLE;;SCREEN PRINT;	1
N06	SCREW;BH;Φ3X8L;SM;PH;BAN;POT	7
N08	SCREW;BH;Φ4X12L;TC;PH;BAN;POT	4
N09	SCREW;RND;Φ2.5X6L;SM;PH;BZN;POT	2
N60	(UP)CONTROL PANEL;CONSOLE;DIP;HAPA;S101	1
N61	DOCUMENTATION;OVERLAY;DISPLAY MANIPULATE	1
N63	BATTERY BASE;AA;3V;1500MA;ALKALINE	1
P01	SPEED SENSOR;W/ WIRE;END;BLACK;AR50-P01	1
P02	SPEED SENSOR;W/ WIRE;FRONT;BLACK;AR50-P0	1
P03	FIXING PLATE;REED;-;AL;ADZ;AR50	1
P04	SCREW;TRH;Φ4X10L;SM;PH;BZN;POT	1
P05	SCREW;BH;Φ3X10L;SM;PH;BZN;POT	2
Q01	COVER;FRAME;RIGHT;ABS/PA757;Q610-7-5-MAT	1
Q02	COVER;FRAME;LEFT;ABS/PA757;Q610-7-5-MATT	1
Q03	COVER;FRAME;UP;ABS/PA757;LIGHT BLACK;AR	1
Q04	COVER;FRAME;BACK;PP;LIGHT BLACK;AR50	1
Q05	FAN NET;SIDE COVER;R;PAINTING;;SL+CLEAR	1
Q06	LOGO COVER;FRAME;RIGHT;ABS/PA757;LIGHT B	1
Q07	FAN NET;SIDE COVER;L;PAINTING;SL+CLEAR	1
Q08	LOGO COVER;FRAME;LEFT;ABS/PA757;LIGHT BL	1
Q09	SCREW;BH;Φ4X15L;TC;PH;G.8;NKL;POT	20
Q10	SCREW;BH;Φ4X6L;SM;PH;BZN;POT	3
Q10	SCREW;BH;Φ4X6L;SM;PH;BZN;POT	3
Q11	CLIP;STANDARD;WUSN-4039;	12
Q12	FIX PILLAR;PP;TM81	4



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NO.	DESCRIPTION	QYT.
Q13	BRACKET SIDE COVER	6
Q14	CONSOLE MAST;AR50;ABS;BLACK	1
Q15	SCREW;Φ4X15L	2
Q16	SCREW;BH;M8X1.25PX50L-18L;HS;BZN;P-T	1
Q17	NUT;HX;M8X1.25P;SS41;BAN	1
Q18	CAP;CONSOLE MAST	2
R02	BEARING HOUSING;FIX;SS41;AR01	1
R05	PULLEY;SS41;Φ59;BOX;RB02	1
R06	PULLEY;ROPE;SPC;Φ216;AR01	1
R07	HUB;PULLEY;S45C;54.0X32.0L;AR01	1
R08	RING;ROPE WHEEL;SS41;Ψ21.0X6.1L;WZN	1
R09	BEARING HOUSING;SLIDE;SS41;AR01	1
R10	AXLE;PULLEY;SCM4;ANTI RUST;AR01	1
R11	FIXING BASE;SPRING;POM;AR01	2
R12	SPRING;RCL;SK5	2
R13	COVER;SPRING;SPC;1.5T;ZINC PLATE;AR01	2
R14	PULLEY;ROPE;POM;AR03	1
R18	BELT;TRIANGLE TOOTHLIKE;POLYESTER;3V-114	1
R20	FIX RING;S18C;5.0T;AR01	1
R21	KEY;ROUND;DUAL-END;5X5X10L	1
R22	BEARING;BALL;6003ZZ;Ψ17XΨ35X10T;TPI	3
R24	KEY;ROUND;DUAL-END;6X6X30L	1
R25	CLIP CC R-35 INTERNAL	3
R26	CLAMP;EXTERNAL C-SHAPED;S-19	1
R27	CLAMP;EXTERNAL C-SHAPED;S-17	2
R28	SCREW;SH;3/16X5/8L;HS;BZN	6

R29	SCREW;SH;3/16X3/8L;HS;BZN	6
R31	FIX PLATE;EYE BOLT;SPC;1.3T;AB01	2
R32	NUT;NLK;1/4"-20UNC;BZN	2
NO.	DESCRIPTION	QYT.
R34	FIX RING;AB01	1
R35	FIXING BRACKET;MAGNET;-;ABS/PA757;BL/BLA	2
R36	BEARING;ONE-WAY;RC162110;CHENG GE	1
R37	SCREW;BH;Φ3X10L;SM;PH;BZN;POT	4
R38	SCREW;EB;1/4-20UNCX40L;BZN;	2
R39	SCREW;BH;Φ3X10L;SM;PH;BZN;POT	2
R39	SCREW;BH;Φ3X10L;SM;PH;BZN;POT	8
R41	WASHER;SPL;SW3/16";ES	6
R42	MAGNET SPARE SINGLE	2
R44	WASHER;FLT;Φ5.0XΦ10.0X1.0T;BAN	6
S01	KNOB;M10;AR50	1
T05	FOOT PAD RUBBER; HEEL	2
T06	FIXING BASE;PEDAL;NYLON;AR06	2
T07	FOOT STRAP;AR06	2
T08	SCREW;BH;M5X0.8PX12L;CT;PH;BZN	6
T09	SCREW;BH;M5X0.8PX12L;PH;SSUS304;BAN	2
T10	NUT;NLK;M5X0.8P;BZN	2
T12	WASHER;FLT;Φ5.2XΦ12.0X1.2T;BZN	4
T13	SCREW;BH;M5X0.8PX25L;CT;PH;BZN	2
V01	MODEL LABEL;CONSOLE;AR50	1
V02	DIRECTION LABEL;KNOB;AR50	1
V05	WARNING LABEL	1
V13	DECAL;SWIRL SPRING;AR01	2

Z01	SCREW;BH;M8X1.25PX20L;HS;BZN;BP	4
Z01	SCREW;BH;M8X1.25PX20L;HS;BZN;BP	4
Z02	WASHER;SPL;Φ8.2XΦ15.4X2.0T	2
Z02	WASHER;SPL;Φ8.2XΦ15.4X2.0T	4
NO.	DESCRIPTION	QYT.
Z02	WASHER;SPL;Φ8.2XΦ15.4X2.0T	4
Z02	WASHER;SPL;Φ8.2XΦ15.4X2.0T	8
Z03	WASHER;ARC;Φ8.4XΦ17.0X1.0T	4
Z04	WASHER;FLT;Φ8.2XΦ20.0X1.5T;BZN	4
Z05	SCREW;BH;M6X1.0PX15L;PH;BZN	4
Z06	WASHER;SPL;Φ6.1XΦ12.2X1.5T	4
Z07	SCREW;BH;Φ4X10L;SM;PH;BAN;POT	2
Z08	WASHER;FLAT;Φ8.6XΦ26.0X2.0T;	2
Z09	SCREW;BH;M8X1.25PX15L;;HS;BZN;BP	2
Z09	SCREW;BH;M8X1.25PX15L;HS;BZN;BP	2
Z10	SCREW;BH;M4X0.7PX15L;CT;PH;BZN;	4
Z11	SCREW;BH;M8X1.25PX45L-15L;;HS;P-T	1
Z12	NUT;HX;M8X1.25P;SS41;BAN;	1
Z13	SCREW;BH;M8X1.25PX30L;HS;BZN;BP	8
Z14	SCREW;;Φ4X10L	2



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D: Entsorgungshinweis

Horizon Fitness - Produkte sind recyclebar. Führen Sie das Gerät am Ende der Nutzungsdauer einer sachgerechten Entsorgung zu (örtliche Sammelstelle).

GB: Waste Disposal

Horizon Fitness products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

F: Remarque relative à la gestion des déchets

Horizon Fitness sont recyclables. A la fin de sa durée d'utilisation, remettez l'appareil à un centre de gestion de déchets correct (collecte locale).

NL: Verwijderingsaanwijzing

Horizon Fitness producten zijn recyclebaar. Breng het apparaat aan het einde van de gebruiksduur naar een op recycling gespecialiseerd bedrijf (plaatselijk verzamelpunt).

E: Informaciones para la evacuación

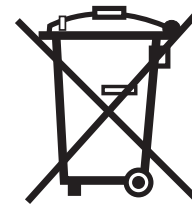
Los productos de Horizon Fitness son reciclables. Cuando se termina la vida útil de un aparato o una máquina, entréguelos a una empresa local de eliminación de residuos para su reciclaje.

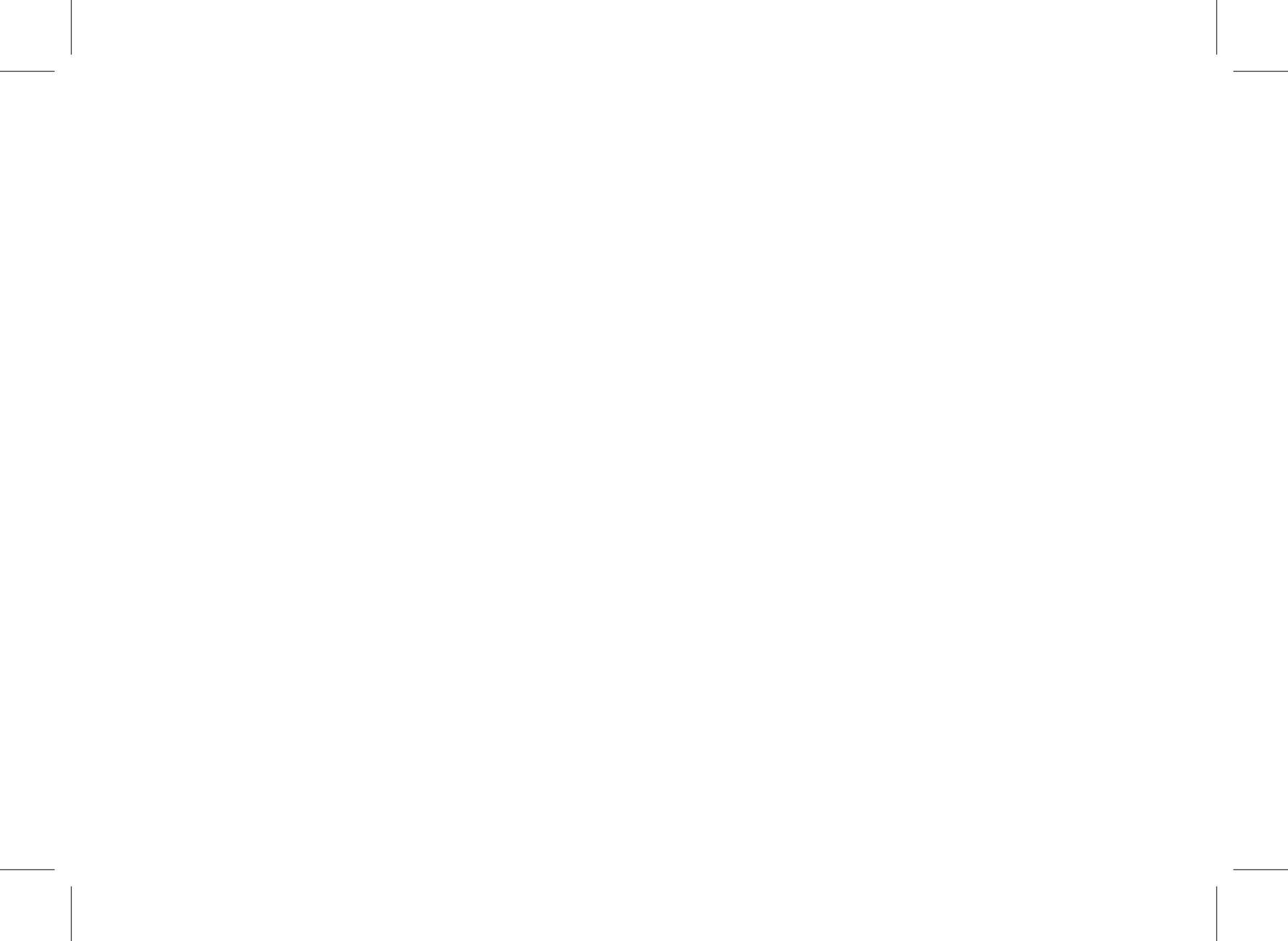
I: Indicazione sullo smaltimento

I prodotti Horizon Fitness sono riciclabili. Quando l'apparecchio non servirà più, portatelo in un apposito punto di raccolta della Vostra città (Punti di raccolta comunali).

PL: Wskazówka dotycząca usuwania odpadów.

Produkty firmy Horizon Fitness podlegają recyklingowi. Pod koniec okresu użytkowania proszę oddać urządzenie do właściwego punktu usuwania odpadów (lokalny punkt zbiorczy).







AIR ROWER OWNER'S MANUAL

Oxford 5 Air Rower Owner's Manual 081513' Rev1.0 © 2013 Horizon Fitness

1600 Landmark Drive Cottage Grove, WI 53527, USA